

News



Macomb County Library Briefs

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Four programs coming to the Macomb County Library

Stress management

Macomb County residents interested in learning about stress and how it affects their lives are invited to attend "Stress Management," a program that helps participants identify typical stress catalysts and how the body responds to stressful situations.

The program at 7 p.m. Tuesday, April 11, includes tips for becoming mentally and physically stress resistant and techniques that help people actually thrive on stress. This highly interactive training concludes with a card game that generates ideas for coping with stress.

This program is free and open to the public, but registration is required as seating is limited. For reservations or more information, call the Macomb County Library at 586-286-6660.

The Macomb County Library is located at 16480 Hall Road (near Garfield), Clinton Township. The library is open 9 a.m. to 9 p.m. Monday through Thursday, 9 a.m. to 5 p.m. Friday and Saturday, and 1 p.m. to 5 p.m. Sunday from September through May. Click on www.macombcountylibrary.org for dates and times of additional programs.

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The Macomb County Library and its many programs and services are a public service of the Macomb County Board of Commissioners.

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Nutrition and exercise for weight loss

To help residents shape up in time for summer, the Macomb County Library is offering a free session on basic nutrition and exercise for weight loss at 7 p.m. Tuesday, April 18.

Participants will learn how to easily calculate the daily calorie use needed to lose weight; the exercise prescription for losing weight; and how to rearrange your workouts to maximize fat burning. Also offered will be tips on eating healthier, food ideas for losing weight and customizing a diet using the new food guide pyramid.

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A perennial favorite: Macomb County Library's gardening resources

The Macomb County Library is helping to turn backyards across the county into perennial paradises. At 7 p.m. Thursday, April 19, the Macomb County Library's reference librarian and master gardener Nadine Thacker presents a program about the library's resources for shade gardening with perennials.

This class provides a variety of resources to assist residents' outdoor endeavors, including Internet websites and materials from the library's collection. Participants also will receive a handout with lists of plants for dry shade, moist shade, deep shade and dappled shade, as well as plants that will survive a Michigan climate.

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'The World Is Flat' book discussion at Macomb County Library

The next meeting of the Macomb County Library book discussion group will take place at 7 p.m. Tuesday, April 25. The April selection for the Macomb County Library's book discussion group is "The World Is Flat," by Thomas Friedman.

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In “The World Is Flat,” Pulitzer Prize winner Friedman demystifies the brave new world for readers, allowing them to make sense of the often-bewildering global scene.

Translating complex foreign policy and economic issues, Friedman explains how the flattening of the world happened at the dawn of the 21st century; what this means to countries, companies, communities and individuals, and how governments and societies can and must adapt.

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About Macomb County

Macomb County is an enriching community in Southeastern Michigan that has one of the state's fastest rates of growth. Its 834,000 residents make it Michigan's third-largest county, with direct access to Lake St. Clair and Anchor Bay, and a host of cultural and entertainment options. Its highly skilled workforce and investment in new and expanding businesses make it open to enterprise. Active civic leadership translates into balanced budgets and Michigan's second-lowest tax rate. An increasingly diverse population and high quality of life make Macomb County accessible to all.

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